Best Cooking Oil Brands in India: Exploring *Ajanta Soya Limited's* Quality Products

There is no single "best cooking oil" that suits every Indian kitchen. The right choice depends on the dish, the heat, and the scale of cooking. A Bengali kitchen tempering mustard seeds in pungent shorshe tel has completely different needs from a Delhi bakery producing thousands of biscuits a day or a cloud kitchen frying namkeen by the kilo. The practical answer is to match the oil to the job: **kachi ghani mustard oil** for pungent, traditional cooking and pickles; refined soyabean or sunflower oil for neutral, all-purpose use; palmolein for heavy deep-frying; and specialised bakery fats or vanaspati for mithai, biscuits and industrial baking.

This guide explains how to judge an oil on what actually matters — flavour, heat behaviour, processing, purity and true cost — and then maps those needs to one company that covers almost the entire spectrum: **Ajanta Soya Limited**, an established Indian edible oil and specialty fats company. Its household brands (Anchal, Dhruv, Nutri, PARV) and industrial lines (ASL Danedar Vanaspati, ASL Fine Fingers bakery fats) span everything from a one-litre kitchen pouch to full tanker loads for food manufacturers.

By the end, you will know which oil fits your use case, how to read a label like a professional buyer, what questions to ask before ordering in bulk, and where Ajanta Soya's products fit into the picture.

There is no single best cooking oil for every Indian kitchen. Choose by use: kachi ghani mustard oil for traditional, high-flavour dishes and pickles; refined soyabean or sunflower oil for neutral everyday cooking; palmolein for deep frying at scale; and bakery fats or vanaspati for biscuits and mithai. Ajanta Soya Limited offers all of these across household and bulk formats.

What Does "Best Cooking Oil" Actually Mean in India?

The best cooking oil is not the one with the loudest label — it is the one that is pure, appropriate to the dish, stable at your cooking temperature, fresh, and economically sensible over its entire working life. Judged that way, five factors separate a genuinely good oil from an average one.

1. It suits the dish and the region's palate

An oil is a flavour ingredient, not just a cooking medium. Mustard oil's sharpness is essential to Bengali fish curry and Bihari aloo bharta; the same pungency would overwhelm a delicate South Indian curd rice. Conversely, a neutral refined oil lets the spice box lead. The "best" oil for your household is the one whose personality matches your cooking style.

2. It behaves well at your cooking temperature

Every fat behaves differently under heat. Oils rich in monounsaturated fats (MUFA) — like mustard — and oils with more saturated fat, like palmolein, generally resist oxidation better during prolonged or repeated heating than oils dominated by polyunsaturated fats (PUFA), such as soyabean and sunflower. Refined versions of all these oils have smoke points roughly in the 220–250°C range, which covers most Indian cooking; the differences that matter at the frying stage come from *stability over time*, not from a single smoke-point number. If you deep-fry frequently or run a commercial kitchen, stability should outweigh every other claim on the pack.

3. It is processed the right way for the job

India's two main processing traditions serve different purposes. **Kachi ghani** (cold-press) extraction crushes seeds without external heat, retaining natural aroma, pungency and seed-native compounds — ideal when the oil's own flavour is wanted. **Refined** oils are extracted and then neutralised, bleached and deodorised, producing a clean-tasting, high-temperature oil that stays out of the dish's way. Neither is universally "better"; they are tools for different jobs. Note also that under FSSAI norms, refined edible oils in India are fortified with vitamins A and D — look for the **+F** mark on refined packs.

4. It is pure, compliant and fresh

Packaged edible oil sold in India must carry a valid FSSAI licence number and conform to standards covering purity parameters (mustard oil, for instance, is checked for naturally occurring erucic acid), permitted additives and trans-fat limits. Freshness matters just as much: oils degrade with time, light and heat, so the pack date tells you more about quality than the brand name does. Edible oil quality standards in India are worth understanding in a little depth before you buy — especially for business purchases.

5. Its true cost includes fry life

A cheaper per-litre oil that darkens, foams and must be discarded after two frying cycles can cost more in practice than a stable oil that lasts four. For households this is a minor consideration; for restaurants and namkeen units it is often the single biggest line-item decision in oil purchasing.

The Cooking Oils That Power Indian Kitchens

India is the world's most diverse edible-oil market. Mustard dominates the East and much of the North, soyabean is a workhorse across central and northern states, sunflower is beloved in the South, groundnut anchors the West, and coconut defines Kerala's kitchens. Behind them, palmolein quietly fries most of the country's street food, and vanaspati builds the texture of its sweets. Here is what each one actually is — and when to use it.

Kachi ghani mustard oil: कच्ची घानी, the pungent classic

Kachi ghani mustard oil is mustard oil extracted by cold-pressing mustard seeds in a "kachi ghani" (raw press) without external heat, which preserves the seed's natural pungency, aroma and seed-native compounds that high-heat refining would strip away. It is the traditional mustard oil for cooking across Bengal, Bihar, eastern Uttar Pradesh, Odisha, Assam and Punjab.

The famous bite comes from allyl isothiocyanate, a compound released the moment mustard seeds are crushed. In a fresh, well-made kachi ghani oil, that pungency is sharp but clean — and it is the single best freshness indicator you have: an oil that has lost its sting has usually lost its youth. Nutritionally, mustard oil is MUFA-rich and is among the few everyday Indian cooking oils that naturally contain meaningful plant-based omega-3 (ALA) alongside its omega-6 content.

In the kitchen, mustard oil for cooking shines wherever its character is the point: machher jhol, shorshe ilish, aloo bharta, sarson ka saag, and — critically — **achar (pickle)**, where the pungency and the oil's natural preservative character help keep vegetables stable for months. If tradition and pungency are what you are after, the Anchal kachi ghani mustard oil is a natural starting point. Two buying notes: always choose packaged, FSSAI-compliant oil rather than loose oil from unverified sources, and remember that genuine kachi ghani oil announces itself loudly — silence should make you suspicious.

Refined soyabean oil: the neutral all-rounder

Soyabean oil is India's most widely consumed refined oil — mild in flavour, light in body, and priced accessibly. Its neutrality is its superpower: it lets your masalas do the talking, which is exactly what most everyday sabzi, dal and rice preparations want. It is naturally a source of omega-6 fatty acids (with some plant omega-3 as well) and is fortified with vitamins A and D under FSSAI norms. Its limitation is the flip side of its profile: being PUFA-dominant, it is best for everyday moderate-heat cooking rather than repeated deep frying, and it rewards freshness.

Refined sunflower oil: light, clean and widely loved

Sunflower oil is the South's everyday favourite and a national bestseller — light in texture, clean-tasting, and a natural source of vitamin E. Refined sunflower handles everyday frying well and is gentle enough that it never argues with a dish. Like soyabean, it is omega-6 heavy, so the usual counsel applies: it is an excellent everyday oil as part of a rotation rather than the only oil a kitchen ever uses.

Palmolein oil: the frying workhorse

Palmolein is the liquid fraction obtained when palm oil is fractionated. Its balance of saturated and monounsaturated fat makes it one of the most heat-stable liquid frying oils available — which is why it is the quiet default behind India's puris, pakoras, jalebis, namkeen and sweet-shop fryers. Two more points in its favour: it needs no hydrogenation, so it is naturally trans-fat-free, and its fry life keeps commercial kitchens economical. Its limitation is nutritional rather than functional — it is higher in saturated fat, so most households use it as a dedicated frying oil rather than an everyday all-rounder.

Vanaspati: the traditional shortening

Vanaspati is a solid (or "danedar" — granular) vegetable fat valued for the plasticity and shortness it gives to mithai, bakery products and traditional preparations like flaky parathas and festival sweets. Historically produced by hydrogenation, modern vanaspati in India must comply with FSSAI's trans-fat cap of 2% of total fat — a norm the industry moved to by 2022. It remains a functional ingredient for sweets and baking rather than a household frying oil, and it is best used the way professional kitchens use it: deliberately, in preparations where its texture is the point.

Field notes · Broad regional patterns (not rules)

- **East & North-East:** mustard oil is the daily default — fish, greens, bhortas.
- **North:** mustard and refined soyabean share the kitchen; ghee for finishing.
- **Central & western:** soyabean and groundnut lead everyday cooking.
- **South:** sunflower dominates packets; groundnut and coconut hold tradition.
- **Sweet shops & bakeries:** palmolein for frying, vanaspati and specialty fats for texture.

Oil	Character	Best for	Heat behaviour	Keep in mind
Kachi ghani mustard	Pungent, assertive, aromatic	Bengali/Odiya/Bihari cooking, tadka, pickles, marinades	Good everyday stability; MUFA-rich	Strong flavour — a feature or a dealbreaker depending on the dish
Refined soyabean	Neutral, light	Everyday sabzi, dal, rice, general use	Fine for moderate heat; PUFA-dominant	Avoid repeated frying; buy fresh, use fresh
Refined sunflower	Light, clean-tasting	Everyday cooking, light frying, baking	Handles regular frying well	Omega-6 heavy; best in an oil rotation
Palmolein	Neutral, body-rich	Deep frying,	Excellent fry life;	Higher in saturated

		namkeen, sweet-shop use	very heat-stable	fat; best as a dedicated frying oil
Vanaspati (danedar)	Solid shortening, granular	Mithai, bakery, flaky doughs	Function-oriented; gives shortness & plasticity	Use per FSSAI-compliant products; a texture tool, not a daily oil

Mustard Oil vs Sunflower, Soyabean and Refined Oils

The main difference between mustard oil and oils like sunflower or soyabean comes down to flavour and fat profile: mustard oil is a pungent, MUFA-rich oil that contributes taste to a dish, while refined sunflower and soyabean are neutral, PUFA-forward oils designed to stay invisible. Here is how the choices stack up where it matters.

Kachi ghani mustard oil vs refined sunflower oil

Factor	**Kachi ghani mustard oil**	**Refined sunflower oil**
Flavour	Sharp, pungent, aromatic — a seasoning in itself	Neutral — lets spices lead

Fat character	MUFA-rich; natural plant omega-3 (ALA) present	Light; vitamin E source; omega-6 dominant
Best dishes	Fish curries, bhortas, saag, pickles, marinades	Everyday sabzi, poha, light frying, baking
Traditional fit	East, North, North-East India	Pan-India, especially South India
Buying check	Pungency on opening; FSSAI mark; pack date	+F fortification mark; pack date

If your cooking is rooted in the North or East, kachi ghani mustard oil will feel less like an ingredient and more like a birthright. If your cooking spans many cuisines and you want the oil to disappear, sunflower (or soyabean) is the safer daily driver. Many Indian households keep both — one for character, one for neutrality.

Soyabean oil vs mustard oil: which should you pick?

In simple terms: **soyabean oil when you want neutrality and economy; mustard oil when you want flavour, tradition and a MUFA-forward profile.** A family making

predominantly North Indian or Bengali food may happily use mustard oil for most savoury cooking. A household cooking across cuisines — pasta one night, pulao the next — will appreciate soyabean's silence. There is no correct answer, only a correct match to your kitchen; rotating between the two is a practical way to get both flavour variety and a spread of fatty-acid types.

Refined oil vs kachi ghani: what the processing actually changes

Aspect	**Kachi ghani (cold-pressed)**	**Refined oil**
Extraction	Seeds crushed without external heat	Extraction followed by neutralising, bleaching, deodorising
Flavour & aroma	Full seed character retained	Stripped to neutral
Best role	When the oil's taste belongs in the dish	When the oil must stay out of the way
Typical uses	Mustard oil traditions,	Everyday frying, baking, large-

	pickles, finishing	scale cooking

One clarification, because it trips up many buyers: kachi ghani is not a brand or a quality grade — it is a processing method. Any seed can, in principle, be cold-pressed, and any cold-pressed oil can be made well or badly. Judge the specific product: its freshness, its compliance marks and how it performs in your pan.

How to Choose the Right Cooking Oil: A 7-Step Framework

To choose the right cooking oil, work through dish, heat, flavour, processing, label, true cost and rotation — in that order. The sequence matters, because each step narrows the field faster than reading marketing copy ever will.

1. **List what you actually cook.** Three cuisines a week? Mostly frying? Daily tadka and rice? Your menu defines the oil far more than any advertisement does.
2. **Match the oil to your highest-heat task.** If deep frying happens weekly, a stable oil (palmolein or a refined oil with good fry life) must be in the lineup regardless of what you use for everything else.
3. **Decide the oil's flavour role.** Should it be tasted (mustard, groundnut, coconut) or unheard (soyabean, sunflower, palmolein)? Most kitchens need one of each.
4. **Pick the processing.** Kachi ghani when aroma and tradition matter; refined when neutrality and high-volume cooking matter.
5. **Read the label like a buyer.** FSSAI licence number, oil type clearly stated, pack/best-before date, +F mark on refined oils, intact tamper seal.
6. **Think cost per fry, not cost per litre.** For frying-heavy kitchens, a stable oil that lasts longer is cheaper than a cheap oil that doesn't.
7. **Plan a rotation.** Many households deliberately rotate two or three oils through the week — a mustard-forward oil, a neutral refined oil, and a frying oil — to balance flavour variety and fatty-acid diversity. This is common-sense culinary practice, not medical advice; specific health decisions belong with a qualified professional.

What are you cooking today?

Daily tadka, sabzi & dalDeep frying — puri, pakora, namkeenBakery, biscuits & mithai at scale

Ajanta Soya Limited at a Glance

Ajanta Soya Limited is an established, publicly listed Indian edible oil and specialty fats company whose portfolio spans household cooking oils, kachi ghani mustard oil, vanaspati, bakery fats and bulk supply — covering virtually every use case described in this guide. That breadth is the point: few Indian oil companies serve a home cook buying a litre of mustard oil and a biscuit manufacturer buying fats by the tonne with equal seriousness.

The company's offering falls into three broad tiers:

- **Household brands** — Anchal, Dhruv, Nutri and PARV, spanning packaged cooking oils including kachi ghani mustard oil for everyday kitchens.
- **Traditional & functional fats** — ASL Danedar Vanaspati for sweets, bakery and traditional preparations.
- **Industrial & B2B supply** — ASL Fine Fingers and a wider specialty fats for bakery line, plus packaged and loose tanker oil supply for restaurants, food processors and institutional buyers.

You can explore Ajanta Soya's full cooking oil range and company profile on its official website. As with any fast-moving consumer category, brand line-ups, pack sizes and formulations evolve — treat this guide as a map, and confirm current details on the pack or the company site before buying.

Inside Ajanta Soya's Product Portfolio

Here is how the company's brands line up against the decision framework from the previous section — which brand serves which cook, and why.

Anchal Cooking Oil

Anchal is the flagship everyday line — a refined cooking oil built for the neutral, all-purpose role most Indian households need most of the week. It is the oil for the daily tadka, the Sunday pulao and the batter that must not taste of anything but its spices. For buyers who want one dependable bottle doing the heavy lifting, Anchal cooking oil occupies exactly that slot in the portfolio.

Anchal Kachi Ghani Mustard Oil

The counterpart for flavour-forward cooking: a kachi ghani (cold-pressed) mustard oil made for kitchens where pungency is not a defect but the entire point. It targets the same use cases outlined earlier — fish curries, saag, bhortas, tadkas and above all pickling, where mustard oil's traditional role is unmatched. For readers searching specifically for cold-pressed mustard oil in India, this product is the portfolio's direct answer, and it is worth opening the pack and smelling it the way you would judge fresh spices.

Dhruv, Nutri and PARV: the everyday range

Beyond Anchal, the group's household range extends across additional brands — Dhruv, Nutri and PARV — covering everyday cooking oils in formats and pack sizes suited to different regions and retail channels. Multi-brand portfolios are common in Indian edible oils because regional taste preferences, price points and pack-size expectations vary sharply from state to state; a range of brands lets one manufacturer serve a Kolkata kitchen and a Kanpur kirana equally well. Check current pack labels or the company website for the exact oils and sizes available in your region, as the range is periodically updated.

ASL Danedar Vanaspati

The "danedar" (granular) texture of this vanaspati is a deliberate functional property: granular shortenings give halwais and bakers the plasticity to laminate, cream and flake. If you run a mithai counter, a bakery counter or a tiffin service making parathas at volume, this is the portfolio's traditional shortening answer — produced to comply with India's trans-fat norms for fats.

ASL Fine Fingers and specialty fats for bakery

Biscuits, cookies, creams, coatings and filled wafers do not succeed on generic oil; they need fats engineered for a melting profile, a solid-fat curve and a shelf-stable snap. This is where specialty fats earn their name. Ajanta Soya's bakery and biscuit fat range — under the ASL Fine Fingers identity and the wider specialty-fats line — addresses exactly these needs, from biscuit fat that sets crisply to fillings and coatings with controlled melt. For food manufacturers, this is often the most technically demanding part of an oil supplier's business, and the part where supplier choice matters most.

If you are…	Consider	Why it fits
A household cook wanting one neutral oil	Anchal Cooking Oil	Refined, all-purpose, built to stay out of the dish's way
A kitchen rooted in North/East traditions or pickling	Anchal Kachi Ghani Mustard Oil	Cold-pressed pungency for flavour-led dishes and achar
A family buying across formats and price points	Dhruv, Nutri, PARV	Everyday range spanning regions and pack sizes
A mithai counter or traditional bakery	ASL Danedar Vanaspati	Granular shortening for plasticity, flake and creaming
A biscuit, cookie or	ASL Fine Fingers /	Engineered fats with

confectionery manufacturer	specialty fats	controlled melting and setting behaviour
A restaurant, cloud kitchen or food processor	Bulk & tanker supply lines	Consistent volumes, packaged or tanker formats, documentation

How Ajanta Soya Approaches Quality and FSSAI Standards

India's FSSAI cooking oil standards define what a legal, safe edible oil is — covering purity parameters, contaminant limits, trans-fat caps and labelling — and any serious supplier builds its process around them. For mustard oil, standards include limits for naturally occurring erucic acid; for all edible oils and fats, trans-fat ceilings now apply; for refined oils, fortification with vitamins A and D is the norm. Packaging must declare the licence number, oil type, net quantity, batch and best-before date.

Ajanta Soya's quality control processes for edible oil are described on the company's website, and that is the right first stop for B2B buyers conducting due diligence. But quality is also verifiable at your counter. Before any pack goes into your trolley, check:

- **FSSAI licence number and logo** — printed, legible, not smudged.
- **Clear oil-type declaration** — "kachi ghani mustard oil" or "refined soyabean oil", not vague wording.
- **Pack date and best-before date** — the fresher the better; oils are not wines.
- **The +F mark** on refined oils (vitamin A & D fortification).
- **Tamper-evident seal** — intact, with no signs of reopening.

- **Physical condition** — no leakers, no sediment, no off-colour visible through the pack.

For business buyers, add documentation to that list: ask for specifications and certificates of analysis (COA) with each consignment, and confirm the supplier's FSSAI licence covers your intended use. A supplier who volunteers this information without being chased is telling you something valuable.

Cooking Oil for Restaurants, Cloud Kitchens and Food Manufacturers

At commercial scale, the best cooking oil is defined less by nutrient marketing and more by three operational realities: consistency from batch to batch, fry life under repeated heating, and supply reliability at your volume. A home cook can switch brands on a whim; a restaurant with a standardised menu cannot, because oil is an ingredient in the recipe, not just a medium.

What actually matters when you buy oil for a food business

Fry life and stability. Kitchens frying daily need oils that resist darkening, foaming and off-flavours — which is why palmolein and stable refined oils dominate commercial frying. Track fry life with simple checks: colour against a reference, foaming at temperature, smoke at normal frying heat, and a sticky or gummy fryer surface. Establish a discard standard and enforce it; "topping up" degraded oil with fresh oil only spreads the problem.

Formats that match your operation. Packaged oils in 15 kg tins and 15–20 litre jars suit most restaurants and cloud kitchens; larger processors and high-volume kitchens move to tanker supply. Each format trades convenience against price, so model your true landed cost — including handling and wastage, not just the invoice.

Bulk supply and tanker logistics. For buyers moving serious volume, loose tanker oil supply is the economical route — provided hygiene and traceability are non-negotiable. Ask prospective suppliers pointed questions: Are tankers food-grade and dedicated to edible oil? Are compartments sealed and documented? Is there batch-level traceability from dispatch to your gate? A reputable bulk cooking oil supplier will answer all of this in writing.

Specialty fats for bakery and confectionery. Biscuit and bakery manufacturers need more than oil — they need fats engineered to a specification: a solid-fat profile

that sets biscuits crisp, shortenings that cream properly, fillings with a controlled melt. This is the technical core of the specialty fats for bakery category, and it is where supplier consistency matters more than anywhere else in the oils trade.

A six-step procurement checklist

1. **Define the specification.** Oil type, format, quantity per delivery, and the functional properties your products demand.
2. **Verify compliance.** FSSAI licence of the supplier, conformity of the product, and — for imports/refined formats — the paperwork trail.
3. **Ask for a COA** with each consignment and spot-check against your spec.
4. **Run a trial batch** through your actual kitchen or line before committing volumes.
5. **Agree delivery cadence and buffer stock** — edible oil shortages and price spikes are seasonal; plan storage for two to four weeks of cover.
6. **Review quarterly.** Fry-life data, complaint logs and price movements all feed the next negotiation.

If you are evaluating a supplier for cooking oil for a restaurant or manufacturing unit in India, contact Ajanta Soya's bulk and B2B team with your specification — volumes, formats and delivery regions — and compare responses on documentation and consistency, not just on price.

Where to Buy Ajanta Soya Products — and What to Check Before You Pay

Ajanta Soya's household brands are distributed through India's mainstream grocery channels: local kirana stores, supermarket chains, and major online marketplaces and quick-commerce platforms. When shopping online, search for "Anchal kachi ghani mustard oil", "Anchal cooking oil" or the specific ASL product on large marketplaces and quick-commerce apps such as Amazon, Flipkart, JioMart and Blinkit — availability varies by pin code, so compare a couple of platforms. For bulk, tanker and specialty-fat requirements, the correct channel is the company's B2B contact, not a marketplace listing.

On price: edible oil prices in India move with global seed and crude-derivative markets, seasonal supply and regional demand, so honest guides avoid quoting fixed numbers. Instead, compare like with like — price per litre across pack sizes (larger

packs usually win), and between channels — and treat unusually deep discounts on oil with suspicion. A price that looks too good for a branded, sealed, in-date pack usually has a reason.

Before paying, run the label checklist: FSSAI licence number, clear oil-type declaration, pack and best-before dates, the +F mark on refined oils, and an intact tamper seal. Ten seconds at the shelf prevents the most common and most avoidable oil-buying disappointments.

Common Cooking Oil Mistakes to Avoid

Most oil-related disappointments trace back to a handful of habits. Fix these and your results — and your oil budget — improve immediately:

- **Buying on smoke point alone.** A high smoke point says nothing about how an oil behaves across twenty minutes of frying. Stability and freshness matter more than a single headline number.
- **Reusing darkened, foaming oil.** Once oil darkens visibly, foams at frying temperature or smells acrid, its useful life is over — at home and especially in a commercial kitchen.
- **Ignoring the pack date.** Oil is a fresh product. A discounted pack with months left on the clock is a better buy than a cheaper one expiring soon.
- **Storing oil next to the stove.** Heat and light are oil's enemies. A cupboard away from the hob keeps oil good far longer than the counter beside your burner.
- **Assuming price equals quality.** Compliance and freshness define quality; the premium on the shelf often pays for marketing.
- **Buying loose, unbranded oil.** Adulteration and contamination risks concentrate in the loose market. Packaged, FSSAI-compliant oil is the single cheapest insurance in this entire guide.
- **Using one oil for everything, forever.** Different dishes deserve different oils — and a simple rotation brings variety to both flavour and fatty-acid intake.

Storage and Everyday Best Practices

Good oil care costs nothing and preserves exactly what you paid for:

- **Cool, dark, dry cupboard;** cap tightly closed after every use to limit air exposure.
- **Buy sizes you will finish** — for most households, a pack that empties within a few weeks to a couple of months of opening, rather than the jumbo can that lingers.
- **Never mix fresh oil into used oil;** the old oil's degradation products carry into the new.
- **For businesses:** filter frying oil daily, keep fryer temperature at spec (overheating burns money into the air as smoke), log colour changes, and hold a dedicated storage area away from onions, spices and cleaning chemicals — oil absorbs neighbouring aromas.

Frequently Asked Questions About Cooking Oils in India

Which is the best cooking oil in India for daily use?

For most daily Indian cooking, a neutral refined oil — soyabean or sunflower — is the practical all-rounder, with kachi ghani mustard oil as the better choice for North and East Indian flavour traditions. The honest answer is a small rotation: one neutral refined oil for everyday use, mustard oil where its pungency belongs, and a stable frying oil for puris and pakoras. Any oil you choose should be packaged, FSSAI-compliant and fresh.

What is kachi ghani mustard oil?

Kachi ghani mustard oil is mustard oil extracted by pressing mustard seeds without external heat — "kachi ghani" literally means raw press. The low-temperature process retains the seed's natural pungency, aroma and seed-native compounds, which is why genuine kachi ghani oil has a sharp, distinctive bite that refined mustard oil lacks. It is the traditional choice for Bengali, Bihari, Odiya and Punjabi cooking and for pickling.

Is mustard oil good for everyday cooking?

Yes — mustard oil has been a daily cooking oil across eastern and northern India for generations, and it is well suited to everyday tadka, curries and frying within those traditions. It is MUFA-rich and naturally contains plant omega-3 (ALA). Buy packaged, FSSAI-compliant oil, store it away from heat and light, and expect its flavour to be pronounced — if your household loves that pungency, it is an excellent daily oil.

What is the difference between kachi ghani and refined oil?

Kachi ghani oil is cold-pressed: seeds are crushed without added heat, keeping natural flavour and aroma. Refined oil is extracted and then processed through neutralisation, bleaching and deodorisation, which removes flavour and colour and yields a neutral, high-performance frying oil. In short: kachi ghani when the oil's taste should show up in the dish; refined when it shouldn't.

Which oil is best for deep frying puri, pakora and namkeen?

For frequent deep frying, choose a heat-stable oil — refined palmolein is the commercial standard because it resists darkening and foaming through repeated cycles and is naturally trans-fat-free. At home, the same logic applies: pick the most stable oil available to you, fry at the correct temperature rather than maximum flame, filter after use if reusing, and discard oil that has darkened or started to foam.

What is vanaspati, and is it safe?

Vanaspati is a solid or granular ("danedar") vegetable fat used as a shortening in sweets, bakery and traditional preparations. Its safety question historically centred on trans fats from hydrogenation; under current FSSAI norms, trans fats in edible oils and fats — including vanaspati — are capped at 2% of total fat, and compliant products from established manufacturers meet that limit. Use it as a functional ingredient for texture, as professional kitchens do.

Which cooking oil do restaurants in India use?

Most Indian restaurants fry in refined palmolein or a stable refined oil because of fry life and cost per frying cycle, while cooking oil choice in the kitchen follows the cuisine — many North Indian and Bengali restaurants use mustard oil for signature dishes. Suppliers serving restaurants typically offer 15 kg tins, large jars and, at scale, tanker supply; consistency from batch to batch matters more to a professional kitchen than any single pack claim.

Where can I buy Ajanta Soya Limited products?

Ajanta Soya's household brands — including Anchal cooking oil and Anchal kachi ghani mustard oil — are found in kirana stores, supermarkets and online marketplaces and quick-commerce platforms; availability depends on your location. Bulk, tanker and specialty-fat requirements are handled directly by the company's

B2B team, which you can reach through the contact page on the official website with your specification and volumes.

How can I tell if a cooking oil is pure?

Trust the paper trail first: a valid FSSAI licence number, clear oil-type declaration, pack/best-before dates and an intact tamper seal on a sealed pack. Then trust your senses — genuine kachi ghani mustard oil is sharply pungent on opening; oil that smells flat, waxy or "off" has aged or been mishandled. Avoid loose oil from unverified sources, which is where adulteration risk is concentrated. For certainty, accredited-lab testing remains the only definitive method.

Match the Oil to the Meal

The best cooking oil in India is a match, not a medal. Match a MUFA-rich, pungent **kachi ghani mustard oil** to the dishes that grew up with it; match neutral refined soyabean or sunflower to the week's everyday cooking; match stable palmolein to the fryer; match vanaspati and engineered specialty fats to the mithai counter and the biscuit line. Judge every candidate — any brand, any price — on the same five tests: flavour fit, heat behaviour, honest processing, verifiable compliance and true lifetime cost.

That is precisely why Ajanta Soya Limited's portfolio is worth a close look: rather than selling one oil for all purposes, the company offers a purpose-built product for each of these roles — from Anchal kachi ghani mustard oil for the traditional kitchen to specialty bakery fats for industrial baking, and packaged or tanker supply for food businesses. Your next step is simple: list what you cook this week, pick the oil that matches each job from the framework above, check the label before you buy — and if you are buying for a business, start the supplier conversation with a written specification in hand.

Ajanta Soya LimitedAnchal Cooking OilKachi Ghani Mustard OilSpecialty FatsLoose Tanker SupplyQuality ControlContact / B2B

This guide is general editorial information for Indian consumers and food businesses and is not medical or nutritional advice; consult a qualified professional for personal health decisions. Brand line-ups, pack sizes, formulations and availability change over time — verify current details on pack labels and official company sources before purchase.